## WHAT IS CLAIMED IS:

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- 1. An optical switch comprising:
- a film basically consisting of a polymer;
- a keep plate having a switching through hole; and driving means, wherein

said film has an optical waveguide linearly extending therein and a notch provided across a switching portion provided halfway said optical waveguide,

said keep plate holds said film to expose said switching portion from said switching through hole,

said driving means is employed for selecting a route of light by approximating and separating a gap of said notch, and

said notch is formed by precedently forming a starting groove on the surface of said film and pressing said switching portion with a pressing member from the backside of said starting groove while holding said film with said keep plate thereby causing cleavage.

- 2. The optical switch according to claim 1, wherein said starting groove is located above the center of said optical waveguide by a distance longer than half the mode field diameter of a beam propagated through said optical waveguide.
- 3. The optical switch according to claim 1, wherein the width of the upper end of said starting groove is not more than 1  $\mu$ m on the deepest position of said starting groove.
- 4. The optical switch according to claim 1, wherein the bottom of said notch is arcuate as viewed from a side portion perpendicular to the longitudinal direction.
- 5. The optical switch according to claim 1, annealed after forming said notch by causing cleavage.

6. An optical switch comprising:
a film basically consisting of a polymer;
a keep plate having a switching through hole; and
driving means, wherein

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said film has an optical waveguide linearly extending therein and a notch provided across a switching portion provided halfway said optical waveguide,

said keep plate holds said film to expose said switching portion from said switching through hole,

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said driving means is employed for selecting a route of light by approximating and separating a gap of said notch,

said notch is formed by precedently forming a starting groove on the surface of said film and pressing said switching portion with a pressing member from the backside of said starting groove while holding said film with a cleavage keep plate having a cleavage through hole to expose said switching portion from said cleavage through hole thereby causing cleavage, and

the width of said cleavage through hole in a direction perpendicular to said notch is larger than the width of said switching through hole in the direction perpendicular to said notch.

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- 7. A method of manufacturing an optical switch including a step of holding a film basically consisting of a polymer and having an optical waveguide linearly extending therein with a keep plat having a switching through hole and pressing a starting groove provided on a surface portion of said film corresponding to a switching portion provided halfway said optical waveguide with a pressing member from the backside through said switching through hole thereby causing cleavage for forming a notch across said switching portion from said starting groove.
- 8. The method of manufacturing an optical switch according to claim 7, wherein said pressing member alternately repeats a state of pressing said film and a state of not pressing said film for fatiguing said

film in said step of causing cleavage.

- 9. The method of manufacturing an optical switch according to claim 8, wherein said pressing member reciprocates at a first stroke until said starting groove causes a crack and gradually increases the stroke after said starting groove causes said crack.
- 10. The method of manufacturing an optical switch according to claim 7, wherein said pressing member presses said starting groove on two points holding said optical waveguide therebetween.
- 11. The method of manufacturing an optical switch according to claim 7, carrying out said step of causing cleavage while monitoring optical characteristics related to a pressed point.
- 12. The method of manufacturing an optical switch according to claim 7, further including a step of crushing said switching portion from a surface portion provided with said notch after forming said notch through said step of causing cleavage.
- 13. The method of manufacturing an optical switch according to claim 12, carrying out said step of crushing said switching portion with a load substantially equal to a load necessary for said film to start plastic deformation.